



**FAST Accelerated** is sports fitness training designed for teen athletes. This high-energy, age-appropriate, intensity-effective class will give each student the challenge they need to continuously improve their fitness level and sport performance.

**FAST Accelerated** targets power, speed, agility, strength, and endurance by utilizing a variety of different modalities of fitness to ensure your child reaches their maximum performance level with less chance of injury and a lot of fun!

**Attire:** Comfortable Workout Clothes, Clean Gym Shoes. (NO OUTSIDE SHOES WILL BE ALLOWED ON THE TRAINING FLOOR!)

**Age Group:** 13-18 yrs.

**Schedule:**

Monday 4:30-5:30pm

Wednesday 4:30-5:30pm

Saturday 12:30-1:30pm

**Membership Fee:** \$50/month

*(Sign-Up & Yearly Insurance Fees Apply)*

**Location:** FOCUS

9342 Virginia Rd., LITH, IL 60156

[www.focusma.com](http://www.focusma.com)